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ABSTRACT

Noting that parents need to recognize that fears are a normal part of a child's development and that a child must be helped to deal with them, this book provides a very practical approach to fear reduction in a user-friendly form. The first part of the book, for parents, discusses: (1) definitions of fear and fear symptoms in children; (2) the causes of children's fears, such as modeling, trauma, imagination, regression, and the archetype, and examples of ways parents perpetuate their children's fears; (3) strategies for helping the child overcome fear, such as listening, protecting and comforting, teaching the facts, rewarding, relaxing, telling stories, and exercising; and (4) questions to consider before seeking professional help. The second part is intended for children, and includes a checklist for fear of the dark, ideas for getting rid of fears, fear-buster stories, and a child's own secret fear-buster plan, which includes a child's checklist and a certificate. A list of 27 titles for further reading is included. (WP)

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